Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

1.9
Im3 Ha
rs

LIBRARY
RECEIVED
☆ JAN 9 1937 ☆
U. S. Department of Agriculture

HOUSEKEEPERS' CHAT Friday, January 15, 1937

(FOR BROADCAST USE ONLY)

Subject: "MEAT CANNING." Information from the Bureau of Home Economics, United States Department of Agriculture. Publication available, Farmers' Bulletin 1762-F, "Home Canning of Fruits, Vegetables, and Meats."

--ooOoo--

For my farm listeners slaughtering time is at hand with this settled cold weather. There is always considerable meat canning to be done, and this year you will all be particularly glad of a good supply of home canned meats since the general production of meat throughout the country is reported to be lighter than usual.

If you want to be on the safe side, do send for the new canning bulletin, which I mentioned when we were talking about canning chicken. It contains a complete section with time tables on canning meats and poultry.

Unless you have a steam pressure canner, however, or can get the use of one, don't try to do any meat canning. Take care of your meat some other way. You can cure it, or have it frozen, or put it in one of the new community freezer lockers, maybe.

In regard to using only the steam pressure canner for processing canned meat, the Bureau of Home Economics has said over and over, "The water bath, the oven, and the steamer without pressure are inadequate for canning meats and cannot be used safely."

The bulk of the meat is best canned alone,- that is, without vegetables or other materials. For one thing, this is more economical of can or jar space. For another, the meat is more easily combined with other foods at serving time- with different crisp vegetables and different seasonings,- to give variety. Use onion, garlic, and spice sparingly in the cans or jars. If they are wanted, more can be added when you open the can and reheat the meat. White pepper retains a better flavor than black pepper in canned meat products.

Unless the meat is to be canned at once, it is necessary to chill the carcass after slaughtering. There is little difference in flavor or tenderness of the canned product whether the meat is chilled or unchilled. Raw meat is easier to handle after chilling and may be held for a few days until convenient to can.

Frozen meat may be canned, but it does not make a high-quality product. Do not thaw it out before canning. Cut or saw the frozen meat into uniform strips 1 to 2 inches thick and plunge at once into boiling water. Simmer until the color of raw meat has almost disappeared; then pack and process.

For precooking the meat use enamelware, aluminum, retinned metal, or stainless metal utensils. Do not use copper or iron equipment. They may discolor the meat. Never allow meat to remain in contact with galvanized iron more than 30 minutes, or the meat may take up harmful quantities of zinc.

Scrub any wooden utensils extra carefully with soapy water to remove all grease and then rinse with boiling water. If they are used for several days at a stretch they should be disinfected with a hypochlorite solution after scrubbing and scalding. (The chemicals used are calcium, or potassium, or sodium hypochlorite.)

Use plain tin cans, sizes 2 or 2-1/2, or pint glass jars. For home canning larger sized containers are not recommended.

When you pack meats into containers for canning, allow enough headspace because the meat will discolor and lose flavor if the liquid does not cover it. Allow one-half inch head space in pint glass jars and about three-eighths inch in No. 2 cans.

Precook meats in the oven or in water before packing them in glass jars. When tin cans are used, the meat may be precooked in either of these ways and packed hot, or it may be packed raw and the cans "exhausted" before being sealed. The latter method gives a better flavored product and the liquid is all meat juice, but it takes more time and stove space to do it this way. The bureau does not recommend frying as a method of precooking meat for canning. It makes the meat hard and dry and gives it a disagreeable flavor.

Add half a teaspoonful of salt to each pint jar of meat, or three-fourths of a teaspoon to a No. 2 can. When tin cans are used, place the salt in the cans before packing them with the meat.

No. 2 cans and pint glass jars for most products require 85 minutes at 250 degrees Fahrenheit, or 15 pounds steam pressure. The list includes beef and beef products (except hamburger and hash), lamb and mutton, fresh pork, domestic rabbit and veal. Ground meats, including hamburger, beef hash, liver paste, head cheese and sausage require 5 minutes longer in No. 2 cans or pint glass jars.

Beef heart and tongue are generally used as fresh meat, but may be canned, like other beef meat, in the broth in which they are precooked. Corned beef is often canned, with seasonings of bayleaves, clove or nutmeg in the broth. Sometimes a little gelatin, softened in cold water, is added to make a solid, easily sliced, loaf when the meat is turned out of the can.

Any tested formula for pork sausage may be used when canning sausage, except that sage should be omitted as it will give the product a bitter flavor after processing. See that the seasonings and meat are well mixed together.

Let me remind you once more to send to the U. S. Department of Agriculture for a copy of the free bulletin on canning. The name of it is "Home Canning of Fruits, Vegetables, and Meats", the number 1762-F. And don't forget that in order to can meat safely and successfully, you must use a steam pressure canner.

#####